

AN ARKANSAS BRIEF ON THE BENEFITS OF SMOKE-FREE ENVIRONMENTS



**“EVERYONE DESERVES
A SMOKE-FREE
WORKPLACE, EVEN
BARTENDERS.”**

VEO TYSON, Bartender



The Arkansas Cancer Coalition cares deeply about the health of Arkansans. Tobacco use is a dangerous and often deadly addiction. The state has a responsibility to safeguard Arkansans from the debilitating effects of secondhand smoke. Those who prize their own health, and the health of their family, have a right not to be affected by involuntary exposure to this harmful substance.

The Let's Clear the Air campaign was designed to educate Arkansans about the health effects of secondhand smoke and raise awareness of employees who are still exposed while at work, despite the current Clean Indoor Air Act. We spoke to actual wait staff, bartenders and musicians in order to create the campaign. All the materials reflect their opinions about what it's like to work in a smoke-filled environment. We encourage you to put yourself in their shoes – how would you feel after working long shifts in a smoking environment; why are other Arkansans protected while at work, but you're not?

The Let's Clear the Air campaign also attempts to educate people about comprehensive smoke-free policies – what they are and how they impact businesses. This information will be of particular interest to business owners in Arkansas. We've often heard that many businesses, even bars, would support a smoke-free law if it applied to everyone statewide, providing a "level playing field" so their customers don't go elsewhere. That's the benefit of a comprehensive law – it applies to everyone. In the campaign, we have included results from a research study conducted by the University of Arkansas that looked at the economic impact of these policies.

We hope you will take the time to share the Let's Clear the Air campaign with your community. You can find other materials available for download on cleartheairarkansas.com. Help us educate Arkansans so that everyone has the right to breathe clean, safe air.

Sincerely,

Cornelya Dorbin, MPA
Executive Director
Arkansas Cancer Coalition

WHAT IS A COMPREHENSIVE SMOKE-FREE POLICY?

In recent years, many states have implemented 100 percent smoke-free laws prohibiting smoking in public places and all workplaces including bars, restaurants, hotel and motels, and even within a specified distance from building entrances. Arkansas has made great strides toward implementing a comprehensive smoke-free policy, but such efforts have still left some groups unprotected. A policy that allows exemptions is not a comprehensive policy and does not cover everyone from the hazards of secondhand smoke.

Exemptions in the current Arkansas Clean Indoor Air Act (CIAA) do not protect people who work in establishments where patrons must be 21 or older to enter, such as bartenders, musicians and wait staff. For the Arkansas smoke-free law to be truly comprehensive, it must fully and equally protect all employees and patrons from secondhand smoke regardless of age, ethnicity, gender, economic status or occupation.



EVERYONE DESERVES THE RIGHT TO BREATHE CLEAN, SAFE AIR.

WHY ARE WORKPLACES WITH STRONG SMOKE-FREE POLICIES, INCLUDING RESTAURANTS AND BARS, IMPORTANT?

- There is overwhelming and solid scientific evidence that **second-hand smoke is a direct cause of lung cancer, heart disease, and lung and bronchial infections.**
- **Smoke-free laws help protect restaurant and bar employees and patrons** from the harm of secondhand smoke.
- Smoke-free laws help **seven out of every 10 smokers** who want to quit smoking by providing them with public environments free from temptation to smoke.
- The U.S. Centers for Disease Control and Prevention (CDC) **estimates each adult smoker costs employers over \$3,000 per year:** \$1,760 lost in productivity coupled with \$1,623 in excess medical expenditures.
- Estimated costs associated with secondhand smoke's effects on nonsmokers' health can add up to **\$490 per smoker per year.**

Sources: Campaign for Tobacco-Free Kids, CDC and Americans for Nonsmokers' Rights

WHAT DO HEALTH OFFICIALS RECOMMEND?

The 2006 U.S. Surgeon General's Report "The Health Consequences of Involuntary Exposure to Second-hand Smoke" concluded that there is **no safe level of exposure to secondhand smoke**, and 100 percent smoke-free environments are the only effective way to eliminate secondhand smoke exposure in the workplace. Even sophisticated ventilation systems do not eliminate its health hazards.

THE U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) ESTIMATES EACH ADULT SMOKER COSTS EMPLOYERS

OVER \$3,000 PER YEAR.

THE FACTS ABOUT SECONDHAND SMOKE:

- More than **53,000 people die** in the United States every year from the effects of secondhand smoke exposure.*
- More than **500 adults die every year in Arkansas** alone from exposure to secondhand smoke.*
- Secondhand smoke causes heart disease, lung cancer and other lung diseases.
- In Arkansas, **177,000 kids are exposed to secondhand smoke at home.***
- Secondhand smoke can cause coughing, wheezing, shortness of breath, red or teary eyes, runny nose, sneezing or sore throat.

**Source: Campaign for Tobacco-Free Kids*



ACCORDING TO THE AMERICAN CANCER SOCIETY,
LEVELS OF SECONDHAND SMOKE IN BARS ARE

4.5 TIMES HIGHER
THAN IN HOMES WITH AT LEAST ONE SMOKER.

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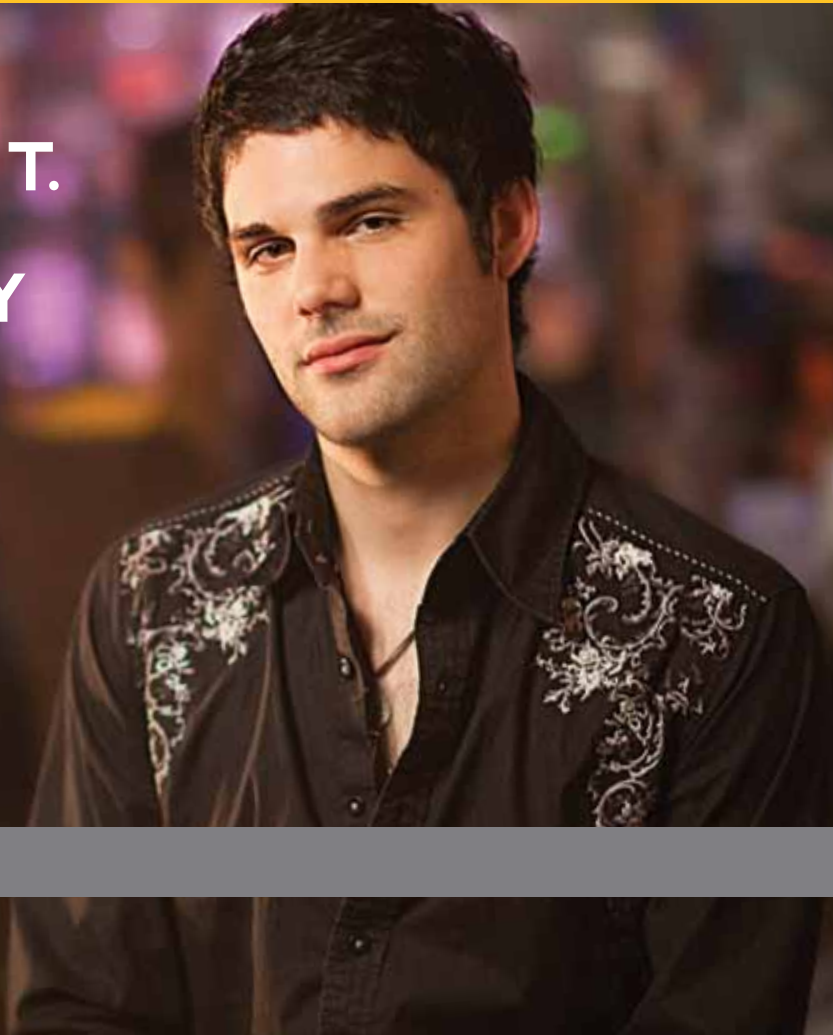
HOSPITALITY WORKERS ARE AT GREATER RISK OF SECONDHAND SMOKE EXPOSURE.

- Levels of secondhand smoke in restaurants are **1.5 times higher** than in homes with at least one smoker.
- Levels of secondhand smoke in bars are **4.5 times higher** than in homes with at least one smoker.
- Average blood levels of metabolized nicotine in those working in New York City bars and restaurants **decreased by 85 percent** after the city's smoke-free law took effect.
- Food service workers have a **50 percent greater risk** than the general public of dying from lung cancer.
- Employees who work in smoke-filled businesses **suffer a 25-50 percent higher risk** of heart attack and higher rates of death from cardiovascular disease and cancer, as well as increased acute respiratory disease and decreased lung function.

Sources: American Cancer Society and Americans for Nonsmokers' Rights

**"MY VOICE IS
MY INSTRUMENT.
I CAN'T LET IT
BE DAMAGED BY
SMOKE."**

CODY BELEW, Singer



OUR STATE HAS MADE STEPS IN THE RIGHT DIRECTION TO PROTECT ARKANSANS FROM SECONDHAND SMOKE, BUT NOT ENOUGH.

Arkansas passed the Clean Indoor Air Act in 2006, prohibiting smoking in public places and workplaces, but the law allows exemptions for bars and restaurants that choose not to serve people under 21, offices with fewer than three employees, and hotels and motels with 25 or fewer guest rooms. Additionally, hotels and motels with more than 25 guest rooms can rent 20 percent of their rooms to guests as smoking rooms.

Also in 2006, Arkansas was the first state in the nation to implement a law protecting children from secondhand smoke in vehicles. This law, called Act 13 of 2006, prohibits smoking in vehicles with children under the age of 6 and weighing less than 60 pounds. Violators must pay a \$25 fine. Although Arkansas was the first state in the country to implement this kind of law, other states such as California, Louisiana and Maine, and countries such as South Africa, have adopted similar but improved laws. Some stronger laws protect children up to 18 years of age, with fines up to \$2,000 per violation.

The Arkansas Clean Air on Campus Act of 2009 protects students attending state-funded colleges and universities from the health effects of secondhand smoke.

But what about people who work in establishments exempt from the CIAA? What about children over the age of 6 in cars with smokers? What about students who attend private colleges and universities?



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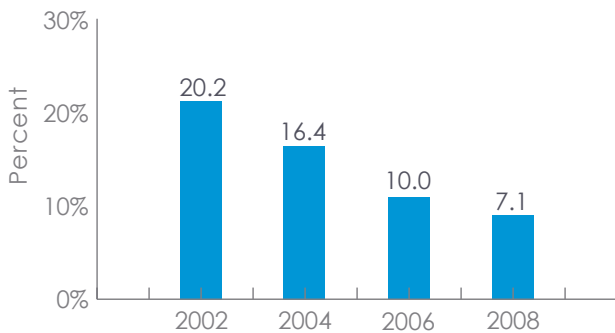
EVERYONE DESERVES THE RIGHT TO BREATHE CLEAN, SAFE AIR.

SECONDHAND SMOKE EXPOSURE IN ARKANSAS HAS BEEN DECLINING.

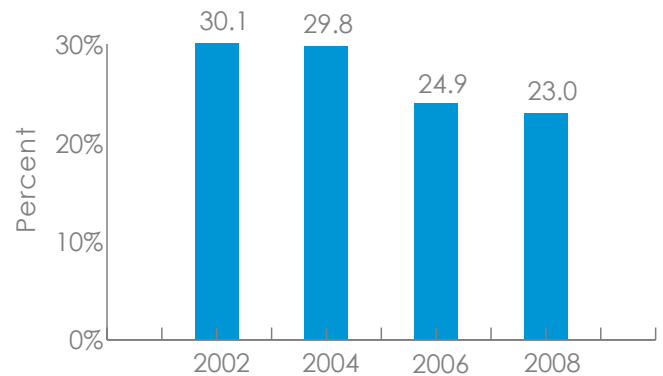
The percentage of adults who reported exposure to secondhand smoke at work dropped from 20.2 percent in 2002 to 7.1 percent in 2008.

The percentage of adults who reported exposure to secondhand smoke in the vehicle dropped from 30.1 percent in 2002 to 23 percent in 2008.

Percentage of employed adults who reported exposure to secondhand smoke in indoor work areas, AR ATS 2002, 2004, 2006 & 2008



Percentage of adults who reported exposure to secondhand smoke in the vehicle, AR ATS 2002, 2004, 2006 & 2008



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EVERYONE DESERVES THE RIGHT TO BREATHE CLEAN, SAFE AIR.

COMPREHENSIVE SMOKE-FREE POLICIES DO NOT HURT BUSINESS.



Data from New York City shows that business **tax receipts for restaurants and bars increased almost 9 percent** in the months after its comprehensive law took effect, compared to the same period a year earlier. Employment in New York City restaurants and bars increased significantly after implementation of the smoke-free law, and a recent survey of 30,000 New Yorkers found that **23 percent of restaurant goers** were eating out more often because of the new law.

In 2008, the Washington State Department of Revenue noted that businesses posted strong gains in gross income in 2007. Bars and taverns, which the Department feared would be hit hard by the smoke-free law, generated **20.3 percent more gross income** in 2007, compared to a 0.3 percent gain in 2006 – the first full year after the law took effect in December 2005. The average growth rate was stronger in the two years after the smoke-free law than in years preceding it.

Sources: Campaign for Tobacco-Free Kids and Washington State Department of Revenue



**“MOST CUSTOMERS
DON’T REALIZE HOW
MUCH THEIR SMOKING
AFFECTS ME.”**

KATE MORAN, Waitress

According to a 2010 economic impact study conducted by the University of Arkansas Sam M. Walton College of Business' Center for Business and Economic Research, cities in the Southeastern Conference that implemented comprehensive smoke-free policies:

- Had an average 25 percent **INCREASE** in sales tax revenues in BARS, relative to those that did not implement comprehensive smoke-free policies.
- Had an average **INCREASE** of almost 18 percent in RESTAURANTS, relative to those that did not implement comprehensive smoke-free policies.

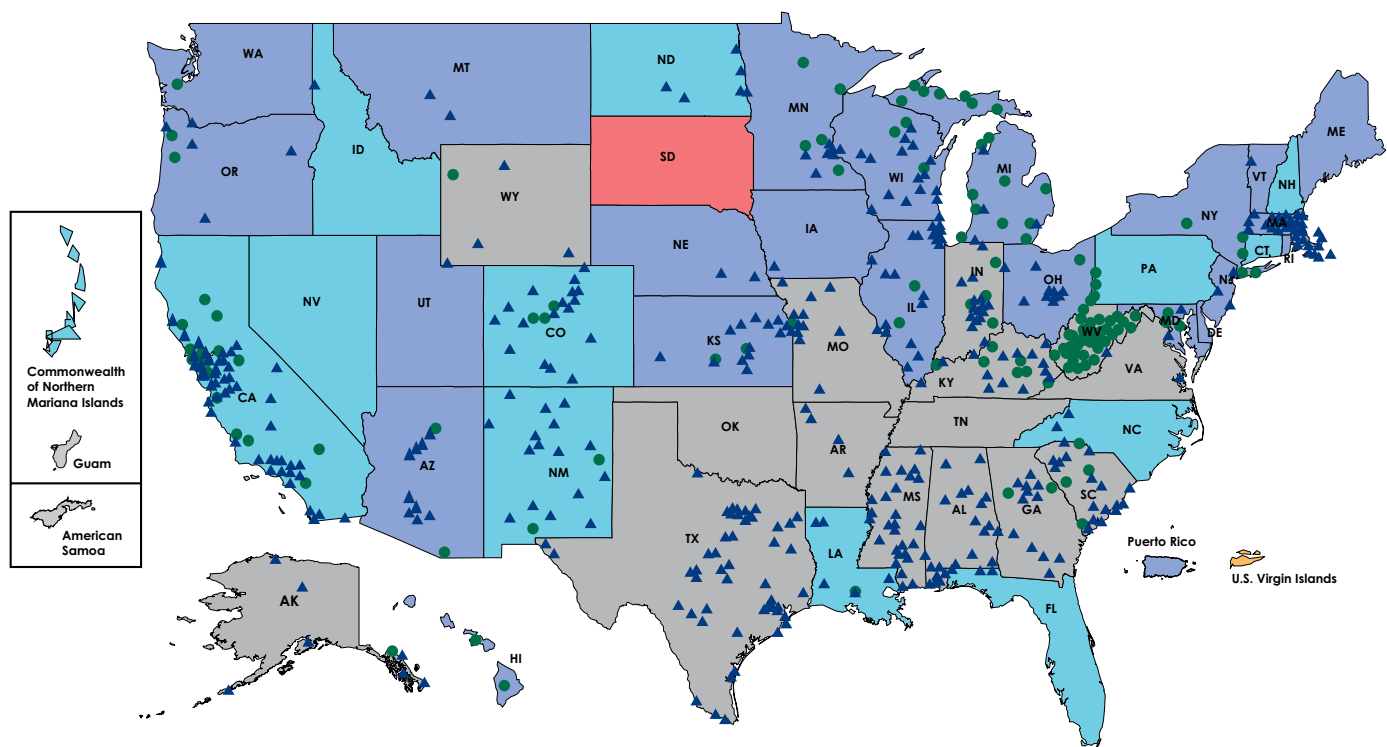
ARKANSANS WOULD SUPPORT A COMPREHENSIVE SMOKE-FREE LAW.

- More than nine out of 10 Arkansas adults believe that all employees should be protected from secondhand smoke in their workplaces.
- More than eight out of 10 Arkansas adults would support a state law banning smoking in all indoor workplaces, including bars and restaurants.

According to the American Nonsmokers' Rights Foundation, as of October 1, 2010, more than 20 states in the United States had comprehensive laws with 100 percent smoke-free policies in workplaces, restaurants AND bars. Comprehensive smoke-free laws now cover more than 60 percent of the U.S. population or more than 190 million people – a figure that has nearly doubled in size in three years.

U.S. 100% SMOKE-FREE LAWS IN WORKPLACES AND RESTAURANTS AND BARS

AMERICAN NONSMOKERS' RIGHTS FOUNDATION • AS OF OCTOBER 1, 2010



STATE AND COMMONWEALTH LAW TYPE/ TERRITORY LAW TYPE

- 100% Smoke-free in workplaces, restaurants and bars
- 100% Smoke-free in one or two of the above
- No 100% Smoke-free state law
- 100% Smoke-free law enacted, not yet in effect
- 100% Smoke-free law enacted, but currently suspended due to ballot challenge

LOCALITY TYPE WITH A 100% SMOKE-FREE LAW

- City
- County

MORE THAN 20 STATES HAVE 100% SMOKE-FREE POLICIES IN ALL WORKPLACES, RESTAURANTS AND BARS.

"Workplace" includes both public and private non-hospitality workplaces, including, but not limited to, offices, factories, and warehouses.

"Restaurant" includes any attached bar in the restaurant.

Note: Native American and Alaska Native sovereign tribal laws are not reflected on this map.

A 1998 STUDY* IN CALIFORNIA FOUND THAT IMPLEMENTING A STATE LAW MAKING BARS SMOKE-FREE IMPROVED THE RESPIRATORY HEALTH OF BARTENDERS, INCLUDING:

- Decreased coughing, wheezing and shortness of breath.
- Decreased sensory symptoms like red or teary eyes, runny nose, sneezing or sore throat.
- Improved lung function.

According to the CDC, "Additional studies conducted in several communities, states, regions and countries have found that implementing smoke-free laws is associated with rapid and **substantial reductions in hospital heart attack admissions**. These reductions appear to be more pronounced among nonsmokers than smokers."

**Source: Bartenders' Respiratory Health after Establishment of Smoke-Free Bars and Taverns, Journal of the American Medical Association.*

Let's stop wasting money on smoking-related health care costs and losing precious Arkansas lives as a result of secondhand smoke. Everyone deserves the right to breathe clean, safe air.



For more information, visit cleartheairarkansas.com or the resources listed below:

cdc.gov/tobacco
tobaccofreekids.org
no-smoke.org

CLEARTHEAIRARKANSAS.COM